Claims

- 1.A virtual reality assembly comprising: [c1] a display element projecting a virtual environment; a plurality of way-point elements, each of said plurality of way-point elements defined by a way-point position within said virtual environment; wherein a user can automatically move to one of said way-point positions by selecting a corresponding one of said plurality of way-point elements. 2.A virtual reality assembly as described in claim 1, wherein each of said [c2] plurality of way-point elements is defined by a way-point orientation; and wherein said user automatically moves to one of said way-point orientations by selecting a corresponding one of said way-point elements. 3.A virtual reality assembly as described in claim 1 wherein said plurality of [c3] way-point elements comprise way-point icons projected within said virtual environment. 4.A virtual reality assembly as described in claim 1, wherein one of said plurality [c4] of way-point elements is selected utilizing a cursor. 5.A virtual reality assembly as described in claim 1, wherein one of said plurality [c5] of way-point elements is selected by automatically identifying the closest of said plurality of way-point elements to a cursor. 6.A virtual reality assembly as described in claim 1, wherein said plurality of [c6] way-point elements are sequenced such that said user moves through each of said plurality of way-point elements in a predetermined sequence. 7.A virtual reality assembly as described in claim 1, wherein said display [c7]
 - [c9] 9.A virtual reality assembly as described in claim 1, wherein said virtual environment comprises an industrial training environment.

controls comprise orientational controls and directional controls.

element further comprises a navigation band including navigational controls.

8.A virtual reality assembly as described in claim 7, wherein said navigational

[c8]

- [c10] 10.A virtual reality assembly comprising:

 a display element projecting a virtual environment;

 a plurality of way-point elements, each of said plurality of way-point elements

 defined by a way-point position within said virtual environment;

 wherein a user navigates through said virtual environment through travel

 between said plurality of way-point elements, said user automatically moving to

 one of said way-point positions by selecting a corresponding one of said

 plurality of way-point elements.
- [c11] 11.A virtual reality assembly as described in claim 10, wherein each of said plurality of way-point elements is defined by a way-point orientation; and wherein said user automatically moves to one of said way-point orientations by selecting a corresponding one of said way-point elements.
- [c12] 12.A virtual reality assembly as described in claim 10, wherein said plurality of way-point elements comprise way-point icons projected within said virtual environment.
- [c13] 13.A virtual reality assembly as described in claim 10, wherein one of said plurality of way-point elements is selected utilizing a cursor.
- [c14] 14.A virtual reality assembly as described in claim 10, wherein one of said plurality of way-point elements is selected by automatically identifying the closest of said plurality of way-point elements to a cursor.
- [c15] 15.A virtual reality assembly as described in claim 10, wherein said plurality of way-point elements are sequenced such that said user moves through each of said plurality of way-point elements in a predetermined sequence.
- [c16] 16.A virtual reality assembly as described in claim 10, wherein said virtual environment comprises an industrial training environment.
- [c17] 17.A method of navigation through a virtual environment comprising:
 selecting one of a plurality of way-point elements each defined by a way-point
 position within the virtual environment; and
 transporting a user automatically to said way-point position.

- [c18] 18.A method of navigation through a virtual environment as described in claim 17 further comprising:
 transporting said user automatically to a way-point orientation, said way-point element further defined by said way-point orientation.
- [c19] 19.A method of navigation through a virtual environment as described in claim 17 wherein said selecting one of a plurality of way-point elements comprises: selecting one of a plurality of way-point elements utilizing a cursor.
- [c20] 20.A method of navigation through a virtual environment as described in claim 17 further comprising:
 moving said user through each of said plurality of way-point elements in a predetermined sequence.